

OsteoPro

A New Beginning



Presented by Zen Energy Corp

“Dedicated to Your Health”

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“Nearly all archaeological studies show teeth them to be almost free of cavities and gum disease. How can this be when no brushing, flossing or mouthwash was ever used? We can learn a lot from our teeth because foods that do damage to our teeth can't be good for the rest of the body. Refined sugars and starches are foreign substances to our bodies.

•Cordain Loren PhD *The Paleo Diet* Wiley 2002

Good Health is No Accident! Our bodies consist of trillions of cells working in miraculous symmetry. For these cells within our body to stay healthy and disease-free we must supply high quality nutrients. Unfortunately modern-day processed, bleached, refined, adulterated, irradiated, pasteurized, homogenized and genetically modified foods cannot furnish all the wholesome necessary nutrients you need.

Other factors like stress, pollution, impure depleted farming soils, and acid rain) further deplete our health and weaken our immune systems. Being an urban society brings up another issue.

HOW OLD IS YOUR FOOD?

The average food source is usually about five days old! Food that's five days old cannot supply the nutrients we need, resulting in a chronically undernourished population.

Here's some of the food we eat:

- 600 million Big Macs consumed at McDonalds each year.
- 20 Billion Hot Dogs consumed each year.
- 8 Billion chickens raised for food.
- 127 chickens eaten every second.
- 700 million pounds of peanut butter consumed each year. This is enough spread to cover the floor of the Grand Canyon.
- 1.5 thousand-the average number of peanut butter and jelly sandwiches eaten by U.S. children by the time they graduate high school.
- 16.9 lbs of potato chips eaten by the average American each year.
- Proportion of teens that eat no grains 40% (NY Times Oct 20 2003).

Research is beginning to confirm that even low-level electromagnetic radiation can negatively affect our DNA and cellular health. Sperm counts have been decreasing while cancers are increasing. Life spans have increased (due to increased birth-survival rates and new surgical procedures) but quality of life has decreased significantly. More people suffer from chronic pain, weaknesses, depression, fatigue and immune health disorders than ever before.

What can we do???

The old saying "you are what you eat" has been changed to "You are what you absorb" Due to the way we live, we need to supplement our diets to insure adequate nutrition. Osteopro is a concentrated liquid nutrient, better ingested by your body since no fillers or binders are used.

The American Dental Association estimates that over 70% of adults have gum disease. Periodontal problems impact more than just your teeth. A recent study at the University of Buffalo has conclusively linked heart disease to gum problems because the bacteria that causes gum disease also infects heart arteries leading to heart attacks and strokes. A 1998 study at the University of Heidelberg showed that periodontal disease triples the risk of having a stroke. These health risks should be of grave concern to us all! Science is showing that the gums are a major entry point for microorganisms to invade the rest of the body.

The systemic problem of **BONE LOSS** in my patients and thousands of other dental patients is still present. Medically called "Osteoporosis" this disorder involves all our bones as well as the foundation of our teeth and jaws. Weak, porous bones affects a majority of woman over the age of thirty and one-out-of-six men in this country. It's a major health issue for all of us and happens with such frequency because our so-called "balanced diets" no longer contain quality nutrients and minerals. You see, the kinds of foods and types of diet we now have are severely depleted of wholesome, pure, natural, balanced nutrients. As a

result we suffer from osteoporosis and periodontal diseases at epidemic proportions. We mentioned the link between periodontal disease and heart problems. Over 70% of adults have gum disease. The leading cause of death in the US is heart disease.

Why Osteopro

- Osteopro is an effective immune system enhancer. Containing just about every vitamin, mineral and amino acid your body needs with a good touch of herbals, in the right amounts!**
- Osteopro. It's a great tasting powdered drink! Just mix it in water or your favorite beverage**
- Liquid nutrients can be concentrated and more easily absorbed by your body since no fillers or binders are used.**

Ingredients

Beta Carotene 2,500 IU	Phosphorus (as di-calcium phosphate) 200 mg
Vitamin D (as cholecalciferol) 400 IU	Iodine (as kelp) 200 mcg
Vitamin E (as dl-alpha tocopheryl acetate) 400 IU	Boron (as boron citrate) 2 mg
Ascorbic acid 400 mg	Manganese (as manganese aminoate) 4 mg
Rose Hips 25 mg	Copper (as copper gluconate) 1.0 mg
Bioflavonoids 100 mg	Zinc (as zinc picolinate) 15 mg
Vitamin B1 (as thiamine mononitrate) 25 mg	Chromium (as chromium polynicotinate) 100 mcg
Vitamin B2 (as riboflavin) 25 mg	Selenium (as selenium chelate) 100 mcg
Vitamin B3 (as niacinamide) 31 mg	Lycopene 45 mcg
Vitamin B5 (as di-calcium pantothenate) 31 mg	Lutein 1 mg
Vitamin B6 (as pyridoxine HCl) 25 mg	Lecithin 6 mg
Vitamin B12 (cyanocobalamin) 20 mcg	Co Q10 5 mg
Biotin 250 mcg	Horstail herb powder 100 mg
Folic acid 250 mcg	Alfalfa juice and powder 250 mg
Choline (as choline bitartrate) 30 mg	Licorice root powder 25 mg
Inositol 31 mg	Dandelion leaf powder 100 mg
PABA (para amino benzoic acid) 31 mg	Oat grass powder 100 mg
Calcium (as calcium citrate and di-calcium phosphate) 500 mg	Wheat grass powder 200 mg
Magnesium (as magnesium citrate and magnesium carbonate) 150 mg	Spirulina algae 200 mg

What they do

Vitamin A- A powerful antioxidant used to enhance immunity, vitamin A is needed for the repair and maintenance of gingival (or gum) tissue. It is important in the

formation of bones and teeth (Murry M, Pizzorono Encyclopedia of Natural Healing prima 1991 64) (Pharmacology 30 April 1985 181-187).

Vitamin B complex- The B vitamins help to maintain the health of the nerves, skin, eyes hair liver and mouth; proper brain function and muscle tone in the gastrointestinal. The B complex acts as co-enzymes, helping enzymes to react with other substances for energy production. Some of their functions are as follows.

Vitamin B1 (Thiamine)-enhances circulation, aids in the production of hydrochloric acid and helps promote muscle tone.

Vitamin B2 (Riboflavin)- Necessary for red blood cell production. Acts with Vitamin A to maintain gingival tissue. Prevents and can treat cataracts. Deficiencies lead to inflammation of the mouth and tongue.

Vitamin B3 (Niacin)- Aids in nervous system functioning, needed for proper circulation and the metabolism of fats and carbohydrates. Helps to produce hydrochloric acid. Deficiencies lead to canker sores and halitosis.

Vitamin B5 (Pantothenic Acid)-This anti-stress vitamin helps to maintain the adrenal glands. An essential element of coenzyme A, B5 is vital for many metabolic functions.

Vitamin B6 (Pyridoxine)- Plays a role in cancer immunity and antibody production. Aids in red blood cell production and the sodium/potassium balance. Needed to synthesize RNA and DNA.

Vitamin B12 (Cyanocobalamin)- Helps to promote normal growth of the fatty sheaths that cover and protect nerve endings. Linked to the production of acetylcholine, which assists in memory and learning. Required for proper digestion and absorption of foods. Deficiencies lead to inflammation of the oral cavity.

Boron- Assists in the production of natural steroid compounds in the body. Necessary for the metabolism of calcium phosphorus and magnesium, it is needed for healthy bones and teeth.

Biotin- Aids in cell growth and the utilization of the other B complex vitamins promotes healthy nerve tissue and bone marrow J. Blach Md "Nutritional Healing 3rd ed. Avery 2000.

Vitamin C- One of the most powerful antioxidants, this vitamin is involved in over 300 body functions and is responsible for maintaining the integrity of the oral tissues through the formation of collagen. Aids in tissue repair and will work synergistically with Vitamin E to remove free radicals from the body. Magaziner -

A Total health Handbook Kensington 2000 pg6) (Scan Jour. Of Infect. disease 1994,1-6).

Vitamin D- Necessary for normal growth of bones and teeth because of its Function for the absorption and utilization of calcium and phosphorus. Aids in Thyroid function, normal blood clotting and heartbeat regulation.

Vitamin E- Powerful antioxidant necessary for tissue repair. Enhances sperm production, maintains healthy nerves, and strengthens capillary walls. Important in the prevention of cancer and cardiovascular disease. Promotes blood clotting and wound healing. J Nutr 2000; 130:2932-.

Alfalfa- One of the most mineral rich foods with roots that can reach 130 feet into the earth, Alfalfa contain almost all the known vitamins and calcium, magnesium, phosphorus and potassium.

Barley Grass- High in calcium iron, all the essential amino acids chlorophyll, flavonoids minerals, enzymes, vitamin C and vitamin B12.

Beet Juice Powder-Contains lycopene a red carotenoid that helps prevent cancer. Also has anthocyanins, which are potent antioxidants. Contains natural fluorine, which will strengthen teeth.

Broccoli Powder- Known for anti-cancer properties. Contains indole-3-carbinol and sulforaphane and is an excellent source of beta-carotene. High in calcium and and folate which is essential for normal tissue growth.

Calcium Citrate- Important in the maintenance of a regular heartbeat and in the transmission of nerve impulses. Calcium is vital for the formation of strong bones, teeth by increasing the rate of bone growth and bone mineral density. Maintains cell membrane permeability for healthy gums. Activates several enzymes calcium helps in the protein structuring of RND DNA. The amino acid lysine is needed for calcium absorption.

Choline Bitartrate- Used in the production of acetylcholine, which protects against age- related mental decline. Aids in fat and cholesterol metabolism. Research shows choline plays an important role in cardiovascular health.

Chromium- Called the glucose tolerance factor; this essential mineral helps stabilize blood sugar levels through proper insulin utilization and the metabolism of glucose. Involved in protein synthesis this mineral helps maintain oral tissue integrity only one in ten Americans get an adequate amount of chromium in their diets.

Co-Enzyme Q10- Acts like vitamin E but is much more powerful. Stimulates the immune system, aids circulation and oxygenates tissue. Very good for healing periodontal tissues.

Copper- Aids in the formation of blood, bone, hemoglobin and red blood cells. Forms an important skin protein working with Vitamin C and Zinc called elastin. Involved in hair and skin coloring, energy production and taste sensitivity. Copper is needed for joints and healthy nerves.

Dandelion- Contains many vitamins and minerals, cleanses the blood and liver and increases bile production. Aids in decreased tooth sensitivity when used with alfalfa

Dulse- A rich source of the B vitamins as well as many minerals and trace elements. A seaweed that can be eaten raw. Very beneficial for the brain and the brain membranes, sensory nerves as well as the nails teeth and blood vessels.

Green Tea Extract- Acts as an antioxidant, considered one of the most potent antioxidants available protects against cancer. Stimulates the immune system and fights tooth decay. Contains amino acids, calcium, iron, calcium, iron, magnesium, manganese, phosphorus, potassium, zinc Vitamin C and B1, B2, B3.

Horsetail- Contains Beta-carotene, calcium, iron, phosphorus, potassium, selenium silicon, zinc, vitamins B1, B2, B3, and C. Aids in calcium absorption, promotes healthy skin, hair, and nails, strengthens bones and teeth. Speeds healing of broken bones and connective tissue. Strengthens the heart and lungs.

Iodine- Metabolizes excess fat and aids in thyroid function. Deficiencies produce sores in the mouth and swollen salivary glands.

Inositol- Powerful anti-oxidant helps reduce blood clots, a major cause of heart attacks and reduces cholesterol levels. Inhibits the action of free radicals, which slows the rate of tumor growth.

Licorice- Helps to inhibit the formation of plaque and prevent bacteria from sticking to tooth enamel. Fights inflammation, viral, bacterial and parasitic infections. Stimulates the production of interferon. Increases the fluidity of mucus in the lungs and bronchial tubes.

Lycopene- A photochemical in tomatoes found to reduce the risk of lung and prostate cancers.

Lutein- A carotenoid found in dark leafy greens, anticancer nutrient.

Lechitin- A lipid that regulates cell membranes helps prevent arteriosclerosis.

Magnesium- Catalyst in enzyme activity especially in energy production. Assists in calcium and potassium uptake. Aids in the transmission of muscle and nerve impulses. Aids in maintaining the body's PH and normal temperature. Necessary for protection of soft tissue from calcification. Plays a role in the formation of bone and carbohydrate and mineral metabolism.

Manganese- Necessary for the synthesis and normal growth of bone. Used in the formation of cartilage and synovial fluid, which lubricates joints. Needed for protein and fat metabolism sugar regulation and a healthy immune system.

Oat Grass- Good for skin disorders helps maintain mucus membranes. Contains Beta-carotene, chlorophyll vanillic acid, calcium, folate, iron, magnesium, manganese, phosphorus, potassium selenium, zinc and vitamins A, B1, B2, B3, B5, B6 and E.

PABA- Anti oxidant, assists in red blood cell formation.

Phosphorus- Needed for blood clotting, bone and tooth formation, cell growth, contraction of the heart muscle, normal heart rhythm, and kidney function. Assists in the utilization of vitamins and the conversion of food to energy.

Rose Hips- Major source of Vitamin C also contains antioxidants such as beta-carotene.

Selenium- Used to inhibit the oxidation of fats, it is a vital antioxidant, especially when used with vitamin E, protecting the immune system by preventing the formation of free radicals. Needed for tissue elasticity. High levels of selenium can lead to loss of teeth, and a metallic taste.

Spirulina- A microalgae that contains some unique concentrations of nutrients such as gamma-linolenic acid (GLA), linoleic acid and arachidonic acids, vitamin B12, iron, a high level of protein, essential amino acids, nucleic acids RNA and DNA, chlorophyll and phycocyanin which is a blue pigment found only in blue-green algae and seems to increase survival in some types of cancers.

Wheat Grass- Contains a great variety of vitamins, minerals and trace elements. The effectiveness is due to chlorophyll, which is very much like hemoglobin, except that hemoglobin has an iron molecule while chlorophyll has magnesium.

Zinc Picolinate-protects liver from chemical damage, part of the enzyme SOD acts as an antioxidant, helps with absorption of vitamin A and E, required for protein synthesis and collagen formation.

Xyitol- Helps reduce the incidence of dental cavities The main bacteria responsible for tooth decay (Streptococcus mutans) live in the mouth, form dental plaque, metabolize sugars from our diet, and produce acids that rapidly drop the

pH level in the mouth. These actions lead to tooth demineralization, which contributes to cavities. However, these bacteria cannot metabolize Xylitol. Xylitol has been shown to reduce dental plaque, neutralize acids produced in the mouth, and increase salivary flow, aiding in tooth mineralization. Reduces Plaque - Since Xylitol cannot be used as a substrate by the bacterial micro flora that live in the human mouth and form plaque; plaque composition is altered so the toothbrush can easily remove it.

Fights Tooth Decay - Xylitol inhibits caries Clinical studies show that Xylitol can reduce the incidence of caries, by 50 to 80%, when consumed in confections as part of the normal daily diet.

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- We recommend Osteopro to all our patients for any dental problem because it is such an effective immune system enhancer. Given as a powder/ liquid drink mix so The variety of immune enhancers are more easily absorbed as a fluid Liquid nutrients can be concentrated and better ingested by your body since no fillers or binders are used.**
- **For total protection for the way we live.**
- **Once a day-every day Osteopro!**

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